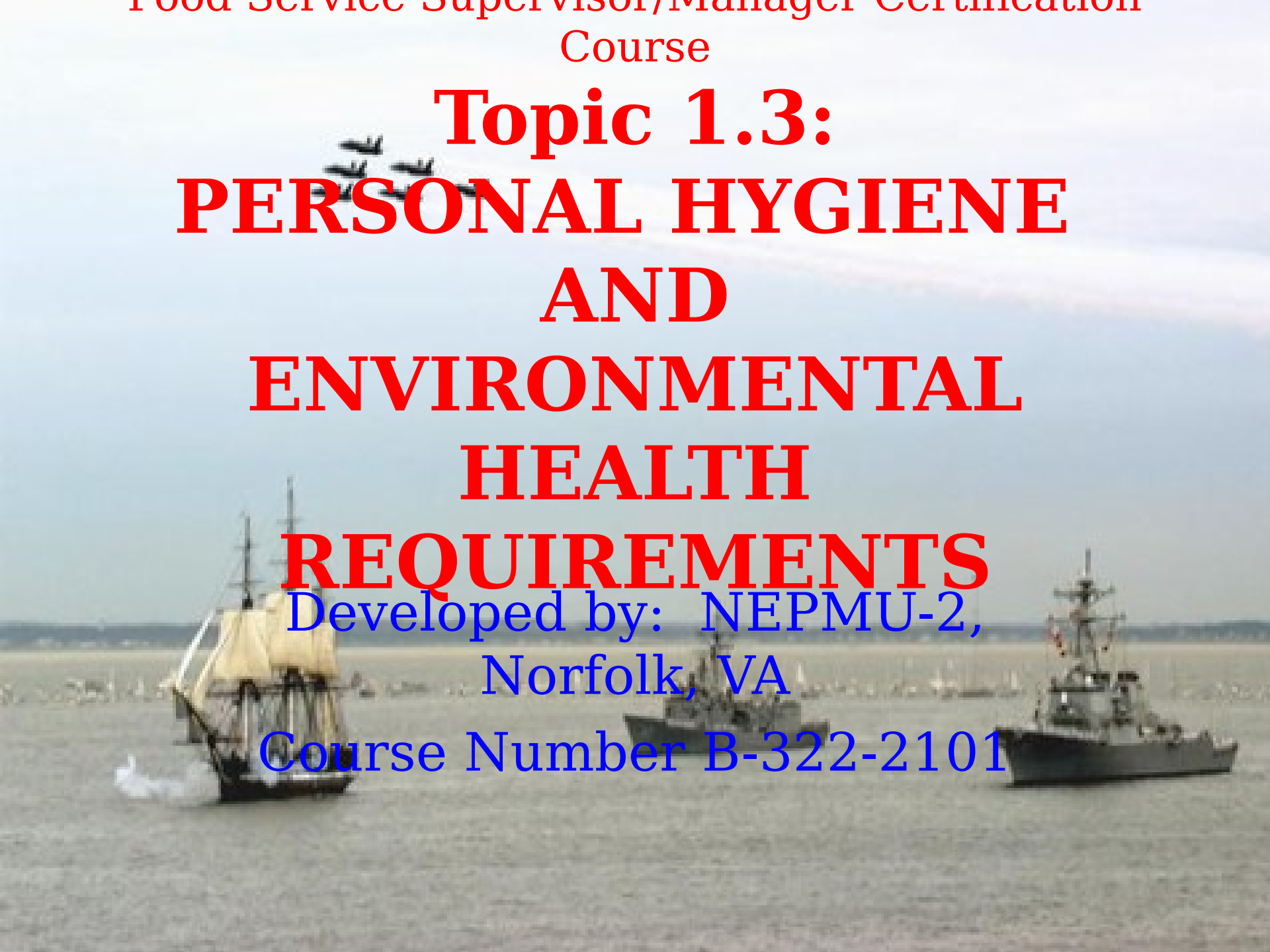
Food Service Supervisor/Manager Certification Course

Topic 1.3:
PERSONAL HYGIENE AND ENVIRONMENTAL HEALTH REQUIREMENTS



Developed by: NEPMU-2, Norfolk, VA

Course Number B-322-2101

ENABLING OBJECTIVES

- 1.15 STATE the health requirements for medical screening, exemptions and reinstatement for work
- 1.16 IDENTIFY the proper personal hygiene practices
- 1.17 DESCRIBE proper handwashing procedures and practices

ENABLING OBJECTIVES

- 1.18 STATE eating, drinking, and tobacco use policies for food service spaces
- 1.19 EXPLAIN the types of inspections

HEALTH REQUIREMENTS

- Medical screening
  - Initially
  - After illness
- Who can conduct
  - Physicians
  - EHO, PMT, IDC, Nurse Corps Officer, Civilian Nurse or Environmental Health Tech

HEALTH REQUIREMENTS

- Exclusions and restrictions
  - Gastrointestinal illness symptoms
    - Diarrhea, fever, nausea/vomiting, jaundice, sore throat
  - A lesion containing pus such as a boil
  - Persistent sneezing, coughing, runny nose
  - Prohibited diseases:
    - *Salmonella typhi*, *Shigella* species, *E. coli* O157:H7, Hepatitis A,

REINSTATEMENT

- PIC may reinstate with written approval from local medical authority
- Must be written medical documentation
- Must be free from the infectious agent of concern

PERSONAL HYGIENE

- Eating, drinking, and tobacco
  - in designated areas only
- Closed beverage containers
  - allowed when protected from contamination
- Hair restraints
  - required for all except wait staff, hostesses, and counter staff serving only beverages and wrapped foods

HANDWASHING

WASH YOUR HANDS!

(often and correctly)

HANDWASHING: HOW?

- Clean hands and exposed portion of arms with soap
- Wash for at least 20 seconds
- Rinse with clean water
- Emphasize areas under nails and between fingers

HANDWASHING: WHEN?

- After
  - touching bare body parts other than clean hands
  - using the head
  - coughing, sneezing, using a tissue
  - using tobacco, eating, drinking
  - handling soiled utensils or equipment
- After
  - engaging in other contaminating activities
- Before
  - working with food
  - switching food products
- During
  - food preparation

HANDWASHING FACILITIES

- Must clean in a handwashing lavatory
- Not in a food prep or service sink
- Not in a curbed sink for mops or liquid waste
- Signs requiring hand washing must be posted in food service areas and heads

FINGERNAILS/JEWELRY

- Trim nails short and filed
- Nail edges cleanable and not rough
- Jewelry on arms and hands is not authorized
  - Exception: plain wedding band

CLOTHING AND PERSONAL EFFECTS

- Clean uniforms required
- Change uniform when soiled or use clean outer garment
  - Change outer garment when moving from raw to ready-to-eat
- Personal belongings stored outside prep and serving areas
- No changing in prep and serving areas

INSPECTIONS

- Frequency
  - **All food establishments will be inspected a minimum of once each month unless specifically exempted by the installation regulatory authori**
  - When critical violations are exceede frequency will increase until signifi improvement
  - Special requests should be honored

INSPECTIONS

- Exemptions
  - Facilities that have an excellent history may be waived from monthly requirement
  - All Navy/Marine Corps food facilities must be inspected at least once each quarter
  - Written exemption is not required

INSPECTIONS

- Circumstances
  - Unannounced except for
    - construction
    - pre-opening
    - HACCP study
    - follow-up inspections requiring presence of certain personnel

REPORTS

- Prepared by PMA at the conclusion of inspection and given to PIC
- Categorized as either critical/non-critical
- Repeat items are noted
- Section violation from P-5010-1 is included in report citation

INSPECTION TYPES

- Pre-operational
- Routine
- Follow-up
- HACCP
- Complaint

SUMMARY

- Health requirements
  - Medical screening
  - Exemption from work
  - Reinstatement
- Personal hygiene
  - Eating, drinking, tobacco
  - Hair restraints
  - Handwashing

SUMMARY

- Personal hygiene (cont.)
  - Fingernails
  - Jewelry
  - Clean clothing
- Inspections
  - Frequency, exemptions, circumstances
  - Reports
  - Types of inspections

WHAT'S THE MOST IMPORTANT THING A FOOD EMPLOYEE CAN DO TO PREVENT FOODBORNE ILLNESS

?

WASH YOUR HANDS !